

2023 EDITION 1

SEAFORD STRIDERS

We don't just run, we also have fun!



By Bronwyn Ryan

Welcome to the first Seaford Striders newsletter of 2023 and a very belated Happy New Year!

Thank you to all Seaford Striders who continuously supported the club throughout 2022 whether that be attending track on a Monday, joining a group on a Wednesday, supporting with the Mince Pie or attending the social events. The Committee are working through the questionnaire feedback and we will be actioning points throughout 2023.

January's newsletter contains a wide range of articles from our first Meet the Committee Member to Cross Country Information and even race reports from around the globe!

The newsletter will continue to be published once a month and please send in your race reports in time (dates on the final page of the newsletter).

Have a wonderful year ahead and happy running!

IN THIS ISSUE

MARTELLO HALF MARATHON

30 MARATHONS BEFORE 30
BY AMANDA

CROSS COUNTRY UPDATE

KAT'S TRAIL RUN REPORT

STEVEN'S FIRST WINTER OF
RUNNING

S-TRI-DERS ABROAD BY
KAREN AND SUE

MEET THE COMMITTEE
MEMBER - DARREN EVANS

SUSSEX GRAND PRIX 2023

SUSSEX GRAND PRIX

The Sussex Grand Prix is back for 2023!!! It consists of taking part in road races organised around Sussex throughout the year with points awarded based on each individual's finishing position. There are 12 races in total and only your top 6 scores will count (individual scoring). There are also two club leagues which are scored differently.

Event	Dates	Event
1	26th March 2023	Hastings Half
2	30th April 2023	Haywards Heath 10 mile
3	7th May 2023	Rye 10 mile
4	14th May 2023	Horsham 10k
5	4th June 2023	Hastings 5 mile
6	18th June 2023	Heathfield 10k
7	2nd July 2023	Bewl 15
8	12th July 2023	Phoenix 10k
9	10th September 2023	Hellingly 10k
10	1st October 2023	Lewes Downland 10 mile
11	15th October 2023	Hove Prom 10k
12	19th November 2023	Crowborough 10k

If you have any questions about the Sussex Grand Prix and how it works please reach out to Bronwyn Ryan who will assist you.



CLUB GRAND PRIX

What is the Club Grand Prix?

The Club Grand Prix is a fun and friendly competition amongst other club members running throughout the calendar year.

What does the Club Grand Prix involve?

It consists of some pre-chosen parkruns, races and virtual events throughout in year. These events are still to be confirmed and will be shared in next months newsletter (if not before).

When will the Club Grand Prix begin?

The events for the CGP are still be decided however it will start around March time. You haven't missed any races don't worry!

How do I score points?

A points system is operated, meaning the first Strider home will score 20 points, the second 19 and so on. These are not always based on the fastest, and could instead be based on age grading instead to level the playing field. Your highest 10 scores will count towards your grand total, and whoever had the highest points wins the competition.

How do I share my results for the event with the club?

Results and scoring will be compiled for you (from race results and parkrun results) unless the event was virtual and then a submission form will be sent around (it's really easy to use).

I don't want to pay to enter races does this mean I'm excluded?

Not at all! Some events in the CGP calendar will be paid races however there will be a fair mixture of parkruns and virtual events that are free to take part in.

I'm worried CGP is just for quicker runners should I take part?

CGP is for all Striders. It is a great way to see your Strider friends and results are based on either time or age grading which means everyone is included. Go along, give it ago and if you love it try another event!

When will the winner be announced?

The 2023 winner will be announced in December. An award will then be presented to the winners in 2024 at the awards evening.



COUCH TO **5K** *is returning...*

Seaford Striders Running Club is pleased to announce its **2023 Couch to 5k group**. It will meet at the Richmond Road Car Park (by the Salts) for 9 weeks from Tuesday 18th April at 7pm. The group aims to celebrate its successful completion at Parkrun (Date TBC).

Taking part in C25K will take you from not running at all, to being able to run 5k, in just nine weeks. This is for you if you want to learn how to run having never run previously, if you have found it difficult to keep up the momentum during lockdown and need a refresher or if you used to run some time ago and fancy getting back into it. It is suitable for any adult who is able to walk non-stop for at least 20 minutes and wants to be able to transition to running.

Will I need any special equipment?

Supportive training shoes and comfortable clothing to run in. We recommend that you download the NHS C25K App so that you can follow the training plan. Ideally you will do two other training runs using the App between each Strider led group.

What will Seaford Striders provide?

Loads of encouragement from our members, many of whom started out by doing C25K themselves. There will be separate groups for all abilities led by experienced runners. They will know exactly how you are feeling – chances are they will have felt the same when they started.

I'm scared I won't be able to keep up!

Don't worry we won't leave anyone behind. There will always be one of our members at the tail of each group.

What does it cost?

It is free to take part! Obviously we would love you to join Seaford Striders but it is not a condition of taking part.

OK, you have persuaded me, what do I do now?

Please register by emailing info@seafordstriders.org.uk. You can also use this email address if you have any questions.

We look forward to hearing from you and helping you on your running journey.

CROSS COUNTRY

The East Sussex Sunday Cross Country League is made up of six races between October and March. Individuals can score within their own age category (your best four races make up your overall points total), and for the team depending on where you finish. We often car share to these races because parking is limited due to the races being held in the countryside.

1 - 16-Oct Blackcap, Lewes

2 - 27-Nov Snape Wood, Wadhurst

3 - 18-Dec Newplace Park, Framfield

4 - 15-Jan Warren Hill, Eastbourne

5 - 05-Feb Whitbread Hollow, Eastbourne

6 - 12-Mar Pett

Details of the up and coming races are released by the hosting running club closer to the time. The flyer with all relevant information will be emailed out to all members once available.

In the last two events as a team at Newplace Park and Warren Hill we finished 6th and 7th respectively out of 18 scoring teams. We are currently sitting in 7th place overall.

Individually we have the following people in notable positions after 5 races with their number of races run in brackets;

SW - Anneka Redley-Cook 10th (3)

F35 - Jemma Crawford 8th (3)

F55 - Jackie Baxter 9th (3)

M50 - James Marron 10th (3)

M55 - Darren Evans 8th (4)

M70 - Peter Weeks 4th (3)



Meet the Committee Darren Evans - Welfare Officer

Hi, I'm Darren. I am the clubs Welfare Officer. You may have seen me at Park Runs, Mince Pie or at the East Sussex XC races. I've also been along to track a couple of times.

A key role of the Welfare Officer is to ensure safeguarding (juniors and at risk adults) policies are implemented in the club. Therefore, I mainly look after the Junior Striders on a Tuesday evening. Recently, I have been organising the development and training of our junior coaches to be compliant with UK athletics.

We are hoping to have everyone trained in readiness for the new Junior Season on 26th March.



I am conscious that I do not get out for group runs on Wednesdays as my wife Jane works and I have to look after Alfie (our Son) however this year I am looking to join all groups at least twice in 2023 to enable me to meet more members.

A bit about me...

- I am a Level 2 running coach and care passionately about runners and their carbon footprint.
- I am one of the co-founders of the Green Runners - www.TheGreenRunners.com
- I'm also co-lead of Plastic Free Seaford and running ambassador for local cancer charity WOLO.
- I'm a regular Seaford Park runner and I've been recently supporting the XC races.
- Welfare has always been important to me which was part of my previous job role as Personnel (People) Manager for 5 years.

I am here to support all club members who have any issues with welfare policy and safeguarding.

We also have Katherine Simmons as a new Welfare Officer (in training) to help me and the Committee ensure we are doing the right thing for all club members.

If you would like to reach me directly please feel free to email me on dejubilee@aol.com

Club Welfare Officer

It is everyone's responsibility to protect the welfare of all those who participate in athletics.

**Welfare covers a range of issues such as safeguarding and protecting children, anti-bullying, poor practice in coaching and disciplinary matters. It encompasses policies and procedures to set out minimum standards of expectations, such as codes of conduct, procedures to follow for dealing with child protection concerns, other welfare issues or complaints, and to ensure that England Athletics, clubs and associations meet their statutory responsibilities to safeguard and protect children and adults.*

Welfare is essential to contribute to good practice within athletics, develop performance and to ensure the safety and enjoyment of athletes, coaches, officials and volunteers.

The 2023 Martello Half Marathon

MARTELLO ROTARY JOINS WITH SEAFORD STRIDERS

Following the success of the 2022 Half Marathon, Martello Rotary are pleased to announce that it will be making its return in April 2023, but this time organised jointly by Martello Rotary and Seaford Striders, with proceeds being donated to local charities.

This event attracted over 200 entrants in 2022 and looks like becoming a firm favourite with local runners and with the expertise of the Seaford Striders we hope to encourage even more entrants this year.

Martello Rotary will be donating their share of the proceeds to the Kent and Sussex Air Ambulance, whereas Seaford Striders will be supporting Waves (a local charity supporting families during this difficult time) and The Chaseley Trust who run a home in Eastbourne for adults with learning disabilities.

The event will be held on Sunday April 16th with registration at Seaford Rugby club from 8 am onwards. The start will be at 9:30 at Bonningstedt Parade. Given the financial pressure many runners will be facing, we have kept the entry fee down to previous years prices at £21 for England Athletics affiliated runners, £23 for non-affiliated and £25 for on the day entries.

As in previous years this race will offer a beautiful but tough run following footpaths and tracks up onto the Downs. After a section along the Southdowns Way taking in the stunning views there will be an exhilarating downhill run to Bishopstone then a long flat run along the seafront to the cheers of the crowds!

This is a race recognised by England Athletics and as before, will be chip timed, race timing will be provided by the professional race organisers 'NE Timing' of Staplehurst in Kent To enter or for more information go to :-

<https://www.netiming.co.uk/events/martello-half-marathon>

SOCO UPDATE

Hello All,

We wanted to share an update from your social committee on our forthcoming awards night, and some other exciting plans we'll be working on over the coming weeks.

Awards Night 2023

Our annual awards night will be held on Saturday 4th March this year, at The View at Seaford Head. We've got a DJ booked, food ordered and some well deserved awards to present before we let you all loose on the dance floor! Tickets will be available to club members and social members initially, on a first come, first served basis. See email sent this week for details.

Thirsty Thursdays - future dates for your diary

Thursday 23rd February - The Old Plough, Seaford - 7:30pm

18th March - The Old Boot, Seaford - Boogie to a live band! Saturday (yes we listened! A slippery Saturday night out!)

Future Events

We're also looking to offer you all a more diverse range of club social activities across the coming months, with the following ideas currently on our collective radar to try and book in:

- Skittles in Seaford
- Walk to Cadence
- Treasure Hunt
- Sports Day
- Friston Forest Picnic
- Great South Run or Barns Green day trip
- Run / Walk to Alfriston for food, drinks and a public house
- Seaford Sailing Club social
- Summer Solstice BBQ
- Beach Swim
- East Dean run (finishing at Tiger Inn)

If there's anything we can add to that - do let one of us know. We're always grateful for your feedback and suggestions.



Striders Social Committee
(Adam, Dorinda, Sam & Tristan)

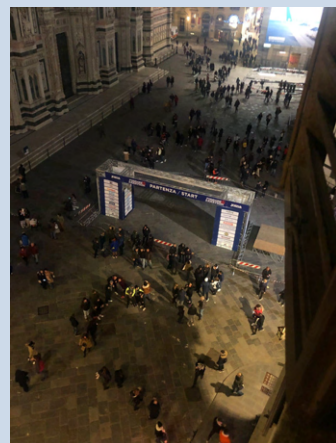
By Amanda Feast

FLORENCE MARATHON

Everyone needs a hobby and my favourite things tend to involve running and eating pizza; so why not combine the two and run a marathon in Italy?!

To celebrate my 30th birthday (and to coincide with me running my 30th marathon) Phill and I went to Italy for a week of sightseeing, Aperol drinking- and of course running.

I have never ran a marathon on holiday before and was a little worried about packing all the things I needed into my hand luggage. I didn't want to risk not have gels for the race so most of my liquids bag at airport security was filled with gels and deep heat; but thanks to a lot of tight folding we squeezed everything we needed into the tiny bags and off we went!



After a night in Pisa to check off seeing the tower, we headed to Florence to settle in ahead of the marathon.

Our hotel was right opposite the Duomo - and just above the start line so we had a fab view of Florence's beautiful building- and the set-up of the start and finish lines for the marathon too. This made the event feel so real- especially when we got woken up at the crack of dawn by the set up team The expo was really well organised - with top notch goody bags; from protein shakes, to gels to blister plasters to a bin bag to wear at the start line, the organisers thought of everything to add to the goody bags and with race numbers collected we headed back into the city centre for a well deserved dinner- all this sight seeing is hard work!

I'm sure anyone would recommend you put your feet up the day before a marathon but being in such a beautiful city it was impossible to sit still- so Phill and I walked 10k around the city, to soak in the ponte viccio, statue of David and the Uffizzi gallery.



Then it was race day! Thanks to staying so centrally it was a really relaxed start- I just had to head out the Air Bnb, and walk less than 400m to my start pen. It was a strange feeling being at the start line but with so few people speaking English, but regardless the atmosphere was great! Once we started running I could see Phill waving out our window, and like that we were off to the far west of the city around a beautiful woody park. At about 8 miles I ran past a group of wheelchair runners with their own speaker system- I had no idea what songs they were playing but everyone else was signing along so it must have been a hit in Italy! After a loop of the park we come back into the city centre- the streets were lined with people cheering on the runners creating such an electric atmosphere- Bravo! Brava! This was great to hear... although a common cheer in Italy seemed to be "Die" apparently this means go but it was a little worrying when I first heard it!



As we head through the centre we run along the iconic ponte vecchio, a lovely cobbled street to walk over but running proved very treacherous- I heard a lot of runners fall behind me on the bridge and was trying as hard as I could just to stay upright We then head out to the athletics track, by the time you get there its mile 20 and probably the slowest lap of the track I've ever done; but it was great to know after that lap we are on our way back into the city for a final loop with spectacular views on the duomo, and a Piazza full of statues. It was a gorgeous sunny day and I was starting to over heat... as we came into the final aid station I saw they were handing out tea as well as water... foolishly I assumed the tea would be a refreshing Ice Tea so I grabbed some and gulped it down- spilling most of it down my front... only when it was too late did i realise it was in fact hot black tea rather than ice tea. Nevermind, we were nearly at the finish and seeing the Duomo spurred me on to leg it along the "blue" carpet to the finish.

Running Florence Marathon was such a magical experience, a flat and perfectly organised event with friendly crowds and music along the course which I would recommend to anyone who fancies a marathon- best of all after the marathon there is pizza, pasta and gelato a-plenty!

Parsnip Soup with Toasted Hazelnuts

By Nick Farley
(Serves 2)

Ingredients:

6 tbsp vegetable oil
2 med onion, finely diced
10 garlic cloves, crushed
2 tbsp fresh thyme
¼ fresh apple, sliced
2lb fresh parsnips
2ltrs veggie stock
Salt to taste
½ tsp cardamon
¼ tsp white pepper
250ml cream/vegan cream

Garnish: toasted hazelnuts, drizzle of olive oil, fresh thyme sprigs.

Method:

- 1 – Heat oil in a suitable pan, add onions and sauté until soft and golden in colour.
- 2 – Add garlic, thyme and apple and cook for a further 2/3 mins.
- 3 – Add Parsnips & Stock, give a stir and bring to the boil, reduce the heat to a simmer and cook until the parsnips are tender.
- 4 – Turn off the heat and blend until smooth. Add salt to taste.
- 5 – Whisk in the cardamon and cream, taste and adjust the seasoning to preference.
- 6 – Serve in bowls, topped with toasted hazelnuts, drizzle of oil and thyme sprigs.

FANCY TRACK?

By Sarah Hoyle

Have you always fancied track but didn't know if the trip to Lewes on a Monday night would be worth it? Do you worry that you would be too slow or that because you don't run in the faster Wednesday night group, track wouldn't be for you?

I've got news for you!

The trip is definitely worth it, and track is for EVERYONE. In fact, the further you'll ever be behind someone is 200 metres.

I'll start with some basics, some practicalities which some people may worry about:

- There are toilets in the leisure centre which you can go to before track starts
 - There is a safe space to leave your belongings on the track side
 - There is plenty of parking
- If you can't get yourself to Lewes, just post on Striders WhatsApp and there is always someone who is happy to share lifts, from Seaford, Newhaven or Peacehaven. I was lucky that Jeff offered me a lift on my first track night, and I thoroughly recommend trying to go with someone else for your first time if you are feeling even a little apprehensive. (I don't recommend Jeff's car music)
- If you've had enough, or you get injured, you can just stop. You won't be miles from anywhere and you can cheer people on instead.

So what happens?

- When you first get there, most people start by saying hello then doing a couple of laps of gentle jogging to warm up.
 - Joel or Phill then leads a group warm up, which usually consists of gentle jogging, and dynamic stretches
- Then there's the main part, however the activities are designed so whether you are the fastest or the slowest, it doesn't matter. For example, one week we each had to run 500 metres at just above 5k pace, with a 1 minute rest in between. I did 8 of them. The faster group had 12 to do and the slower group had 6 to do. As you are all running around the track at your own pace, no one knows which lap you are on and because of the way it's designed, you'll all finish roughly at the same time.
- There's a different focus each week, such as speed or endurance. Joel normally posts it on the WhatsApp chat.

What next?

- Joel or Phill lead the group in a little warm down jog and some stretches
 - They usually take a photo too!

What are the benefits?

- I'm aiming for a sub 2 hour Half Marathon time so I'm motivated to improve my speed and endurance. You'll definitely get fitter faster. If you've got a race goal in mind, it will definitely help you.
- You'll get faster! I spoke to one Strider who told me he had been going to track for 2 months and had got his park run time from 28 to 24 minutes
 - You meet lots of other Striders who you haven't met before, and that's lovely.

I only committed to going once, just to show willing, however I'm now going to try and go a couple of times a month at least. If you are a tiny bit curious, just commit to going once, and see where it takes you.



S-TRI-DERS ABROAD

PT.1

By Karen Feast

What started as a winter-sun break to visit Sue's daughter and Son-in-Law in Abu Dhabi on the same weekend as the World Triathlon Championship Finale, resulted in us competing in our first triathlon abroad! Why not compete in the community "fun" super sprint triathlon? - Sue's idea - not mine and me thinking - why not?

As the time got nearer I was definitely wishing I had not been so enthusiastic and having never competed in open water before I made a rushed attempt to brush up my swimming skills.



We visited the venue at Yas Island to watch the elite women in the world compete and saw how totally amazing they were. If that isn't enough to scare you from getting your tri suit on, then there were the large jelly fish floating around in the sea, which apparently hadn't stung anyone as far as they knew? Alongside this were the elite ladies falling off their bikes with increasing frequency on a very tight corner of the course!

Consequently, that night I was feeling that maybe I would just watch Sue the next day. But the next day, not one for bailing out I kitted up and went to make my final decision. With a sea temperature of 30 degrees and calm water I persuaded myself that open water swimming was never better than this! Although running in that same heat I had not even considered!

The next challenge was to collect the bike that we only had 10 minutes to practice on and had the thinnest tyres I had ever seen and a gear change totally different to my home bike. At that point I made the decision to keep in the same gear for the whole bike ride, luckily it was a flat course.

When laying our gear out in transition we both realised we had no footwear to put on to walk to the swim start and started our warm up by hopping along on the hot concrete!!

Queuing up on the pontoon with about 50 other ladies watching the men go first was one of the most nerve racking things I have ever done, but when the swim, bike and run was completed, I was proudly wearing my medal and thanking Sue for persuading me to take part.

S-TRI-DERS ABROAD

PT.2

By Sue Leppard

When my daughter decided in 2018 to go and experience working as a teaching in Abu Dhabi the only silver lining for me was that it was a world triathlon series venue !

After watching the competition in 2019 I was determined to compete in the community event and planned to go back to do this in 2020 but was scuppered by Covid!

When I mentioned my idea to compete this year incorporating it in to a holiday I was delighted when Karen agreed to accompany me and participate , although not altogether surprised as she is never one to turn down an adventure!

Watching both the men and women compete in the world championship finale was fantastic , a great spectator event where you could almost reach out and touch the athletes!

For our super sprint event it was great swimming in the warm ocean and it made me swim faster when I saw a large jelly fish floating beneath me ! Although the bike ride and run were only over a relatively short distance the heat made it tough and I was very proud of Karen for facing her fears ! I even felt like a professional athlete when whilst running I was offered wet sponges to cool off !

My son-in-law also competed with us and my daughter cheered us all on around the course, certainly a day to remember and I feel grateful that I was able to watch and participate in such a brilliant event and would recommend that anyone who fancies a go at triathlon gives it a go ... Who knows you might love it as much as Karen and I !



Trail Run

By Katherine Simmons



One of the biggest benefits of being a Strider is being able to take part in some truly memorable trail runs.

These have included a run across the Cuckmere at low tide, finishing WNS in the middle of a cracking thunderstorm and one where we were accompanied by a friendly but vocal herd of goats.

I'd heard much talk in our group about running the Southeast Monster, which seemed a favourite inclusion within Tristan's trail running routes. With the trail social route expected to be around 15 miles, I did need persuading to give it a go as my previous longest runs had all been half marathon distance. I'll also admit that with rain being forecast, I very nearly ducked out, but was nudged in the right direction by Darren (Evans) and Sue C who both helpfully pointed out that skin is waterproof!

Eight of us set off from Southeast - run leader Tristan, Sarah, Ralph, Darren Wymer, Pete Jacques with three of us tackling our longest run yet - myself, Ron and Steven. The route started over the railway line and the slippery bridge over the A26.

First challenge was the Monster itself, from which we were rewarded with an underwhelming view from the top...fog and some rather bemused looking sheep. Still, this didn't dampen our spirits and from there, we ran towards Mount Pleasant where we had to navigate some very slippery conditions downhill.

The route took us into Newhaven and, after that all-important snack and facilities stop, we made our way up Castle Hill in the rain. Our clifftop run-past was greeted by waves from jolly volunteers at the National Coastguard Institution's lookout tower.



Our members are spoilt for choice when it comes to scenery, but trail runs are also a great opportunity to learn more about the wildlife around us. During our run, Steven shared that the area was home to a species of Bombardier beetle. I had no idea that bugs sporting chemical weaponry was even a 'thing,' let alone living locally on the cliff tops. Apparently these marvellously named beetles will spray acid in the faces of any predator that dares to threaten them.

Running towards Peacehaven, we were now mindful of the potential hazards of acid-spraying bugs as well as the mud, which had already caused a few slides. Having achieved a hands-down splat into a bramble bush on a previous trail run in dry weather, I could only admire Ralph's beautifully choreographed commando roll/ballet move which gracefully put him straight back on his feet again.

Further down the Cliff Top path, we were navigating another particularly slippery area. This time Darren went in for the slide, which was captured on camera by Ralph. We were later able to rewatch that moment, all set to the dramatic soundtrack of the Hulk.

Our trail was still continuing upwards towards Telscombe Tye. As well as the Monster, the huge pigs are another frequent landmark on our runs. This time, the run-stopping discussion turned to the love lives of these grunting porcines, but enough about that...

On our descent towards Southeast, there was more mud and slippery chalk which we all managed to navigate in the upright position. As we crossed the bridge across the Ouse at Southeast, I felt as much of a sense of achievement as going over the finish line of a race, I'd finally managed a run longer than 13.1 miles...

Naturally our muddy run ended with more chat and brown substances at the YHA Cafe in Southeast, a great place to enjoy a sit down with hot chocolate, coffee, Coke and cake. It may have been my longest run, but it felt more like an adventure!



With thanks to Tristan, Sarah, Ron, Ralph, Steven, Darren W and Pete J for your encouragement and company!

My First Winter - 10 Top Tips

By Steven Teale

I started running in April last year as a promise I made to my fifty year old self. Running through the summer was great fun and the best thing I did was join Seaford Striders in the late summer and enjoy the fine running weather with a group of lovely and inspirational people.

My first organised run was the Mince Pie 10 Mile in December and this gave me a focus for preparing to run when the weather was not so good during my first winter of running. So, having made it most of the way through my first winter, which ten top tips would I now have given myself back in the autumn? Here are a few thoughts.

1. Stay injury-free and know when to rest. Running into the wind and squelching through mud saps energy from the muscles. The relative effort can feel much greater, so don't be afraid of taking time out. Also, even if you don't feel as thirsty or hungry as when you run in the summer heat, remember to hydrate and re-energise!



2. Don't fall over! I've seen quite a few people slip over during this winter - and this includes some of my most experienced running friends. But there's no naming or shaming here! There is some video evidence out there though. I did think to myself that I'd prefer to stay on my feet if possible. So, I tried to make sure that with each step through the

mud, ice and along slippery chalk paths I would keep my ankles and knees as soft as I could and in line with my hips and shoulders. It worked to a degree and, as I write this, I haven't yet fallen over! But it's not all there is to staying upright, and this leads me onto the next bit of advice...

3. Make every step a pragmatic one. Sometimes pragmatism is the best option. Rhythm and cadence have to take a backseat. Anyone who ran the Mince Pie course in the icy December weather will know what I mean. Running and skidding around frozen puddles and frozen mud call for a good eye for spots of ground that aren't necessarily in front of you.

4. Learn to love mud. I headed into the winter hating the idea of finishing a run with muddy shoes. There's nothing like getting over the problem of wanting to stay clean than getting stuck in along paths that turn into nothing but puddles and mud. Before long I was squelching through mud and puddles and feeling a strange sense of satisfaction as I did so!



5. Keep your gear scrubbed clean! As much as I now love running through mud, I still hate pulling on muddy shoes. The salt in our coastal mud will only rot the stitching on your beloved trail shoes anyway, so it makes sense. Do it after every run (well, after a protein shake anyway!).

6. Run with friends. I run in Sarah's WNS group and at the time of writing I've missed only one Wednesday night run (the night before the Rathfinny Xmas run). There's no doubt that WNS inspired me to get my running shoes on when I might otherwise have kept my feet up at home and I'm sure you will all agree that running in a group halves the distance and the effort when we're out together. Joining in with other social runs, especially at weekends, made a huge difference in being able to increase my run mileages up to and beyond half marathon distance. Being able to do this with experienced runners helped me to remain injury-free too.

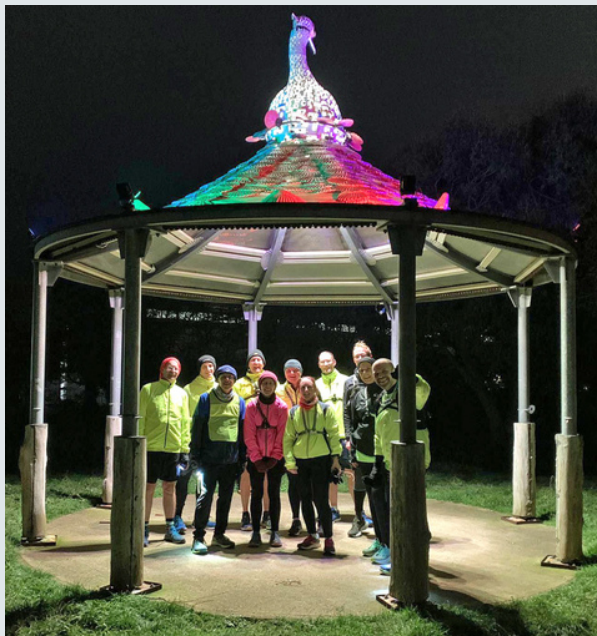
7. Enter winter running events. This year was my first Mince Pie 10 Mile. The only reason I ran it was because I signed up before realising that I would otherwise have been marshaling on event day! Having a target of running ten miles by the first weekend in December helped me get out in the wind and rain and toughened me up for the worst that winter could throw at me.

8. Re-run the MP10 again... and again... and again! Bizarrely, the snow, ice, wind, rain and mud actually helped me run more than I'd intended. With the disruption caused by weather in December, it had the effect of staggering the various Strider group re-runs and this opened up the opportunity of running the MP10 course no less than four times. It's a tough, challenging course but I really enjoyed running it with lots of running friends in addition to the 500 runners on event day. I appreciate now why it's in the top ten most popular runs in the country.

9. Enter springtime events. I've signed up to the Brighton, Eastbourne and Martello half marathons in the spring. This has helped me to keep going in early January and given a renewed focus following Christmas and New Year.

But most importantly:

10. Enjoy yourself!



REACH US & FUTURE EDITIONS

Please submit your newsletter articles by the following dates each month to ensure the newsletter can be published on time:

23rd February
24th March
24th April
26th May
26th June
26th July
25th August
25th September
26th October
24th November
18th December

Editor: Bronwyn Ryan
bronwyn.2009@hotmail.co.uk

Facebook:
<https://www.facebook.com/SeafordStriders/>

Website:
<http://www.seafordstriders.org.uk/>

Twitter:
<https://www.twitter.com/seafordstriders>

Instagram:
<https://www.instagram.com/seafordstriders>